

Physical Activity and Nutrition

Goal Statement: To decrease the percentage of chronic disease in Washington County by increasing physical activity and healthy eating.

Objective #1: By 2020, increase consumption of fruits and vegetables among Washington County residents.

Objective # 2: By 2020, get at least one festival or event in Washington County to adopt a healthy vendor policy.

Objective # 2b: By 2020, get at least three employers to adopt and implement healthy vending machines policies.

Objective #3: By 2020, increase percentage of Washington County residents who report they are physically active.

Objective #4: By 2020, increase number of active parks in Washington County.

Substance Abuse- From the Prevention Network Strategic Plan

Goal Statement 1: To reduce youth substance abuse.

Objective #1: Improve compliance with the minimum purchase laws/ reduce youth access of alcohol, tobacco & prescription drugs.

Objective #2: Regulate alcohol & tobacco licensing countywide.

Objective #3: Increase compliance with existing policies or procedures which set clear standards of behaviors and consequences related to youth alcohol and tobacco use.

Objective #4: Increase number of youth involved in ATODA prevention efforts.

Objective #5: Generate local funds to assist with alternative activities and one-time events.

Objective #6: Increase number of parents active in family/community based prevention efforts.

Objective #7: Create community awareness about local ATODA use, addiction and its impact on community.

Goal Statement 2: Continue to strengthen and sustain community coalition.

Objective #1: Increase the number of members that report they play a critical role in the success of the coalition and represent various facets of the community.

Objective #2: Community awareness of the Prevention Network (Alcohol, Tobacco, and Other Drug Action Team)

Mental Health

Goal Statement: To improve the mental health culture in Washington County.

Objective 1: By 2020, at least one municipality in Washington County will pilot Cultivate.

Objective 2: By 2020, increase the percentage of funding sources dedicated to mental health initiatives throughout Washington County.

Objective 3: By 2020, increase peer support networks for individuals and families living with mental health illness.

Workplace Wellness

Goal Statement: To create a workplace wellness network for worksites to share best practices, receive technical support and collaborate on local wellness initiatives.

Objective 1: By 2020, at least 10 Washington County workplaces will complete the Workplace Wellness Series.

Objective 2: By 2020, at least one workplace in each community will participate in local Well Washington County initiatives.